

## Abstract

The present study aimed at identifying the early maladaptive schemas (EMS) and coping styles in patients with obsessive compulsive disorder (OCD). Cross-sectional correlational research design was used to carry out the research study. A sample of 127 patients diagnosed with obsessive compulsive disorder within an age range of 18-40 years ( $M=30.36$ ,  $SD= 9.48$ ) were recruited for the study through Non-probability purposive sampling strategy from both outdoor and indoor patient wards of different government and private hospitals of Lahore. Urdu translations of Dimensional Obsessive Compulsive Scale (DOCS), Young Schema Questionnaire- short version (YSQ-S3) and Brief COPE scale were administered on the participants. Principal component factor analysis was used to establish psychometric properties of adapted version of DOCS and has identified four factors of the scale. Pearson product moment correlation showed significant correlation between EMS and OCD. Schemas of subjugation, social isolation, vulnerability to harm, insufficient self-control, self-punitiveness and unrelenting standards were predominately present in patients with OCD. Patients with OCD have significant relationship with problem focused coping strategy while early maladaptive schemas have significant correlation with religious coping, venting and behavioral disengagement. Regression analysis depicts that practical incompetence is significant predictor of problem focused coping while emotional inhibition, pessimism and self-sacrifice are significant predictor of emotion focused coping. The findings of the study will provide useful help for psychologist to understand the role of schemas in causing OCD.

**Keywords:** Early maladaptive schemas, coping styles, obsessive compulsive disorder